

Advice on bullies

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Non-profit organisation Soul City provides advice on how to deal with bullying in schools.

With Gauteng schools opening for the year and children looking forward to continuing their education, others do so with trepidation for fear of being victimised by other students through the practice of bullying.

The organisation, through its publication *Soul Buddyz*, says bullying can be stopped if the teachers, caregivers and parents get involved and manage the situation carefully.

The publication provides parents with the following tips to curb bullying:

Speak to the school principal and teachers at the school. They will be able to act on the situation as all schools should have an anti-bullying policy signed by teachers, parents, security guards, cleaning staff and the pupils.

☐ Explain to the children what bullying is and get their confidence that you will act if they are bullied.

☐ Discuss and work out ways of solving the problem with the victim.

☐ Help the victim to heal from the hurt they have received by attending to the injuries from bullying and help them to build their self-esteem.

☐ Believe and support the child when he or she confesses to being bullied.

The organisation also provides the following tips for parents with children who bully others to



SOME of the Grade 1 children will need protection against bullying.

help them change their behaviour:

☐ Accept that something has gone wrong and think about the cause of your child's behaviour.

☐ Reassure the child of your love and acceptance.

☐ Help the child understand themselves and their feelings.

☐ Make the child understand that their behaviour is unacceptable.

☐ Help the child to develop empathy with their victim(s).

☐ Ensure the child is well supervised

in school and at home.

☐ Communicate with your child and give your child the attention he or she needs to change his or her behaviour.

The organisation further advises parents and guardians enrolling children for the first time in school to ask to see copies of the school policies.

If not available, they should urge the school or assist to develop such bullying policies.

Details: *Soul Buddyz, Soul City: A guide for Parents*